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SUPERIOR 1	BANCORP										
Form 4											
September 0.	3, 2008										
FORM 4 UNITED STATES SECURITIES AND EXCHANGE COMMISSION Washington, D.C. 20549								APPROVAL 3235-0287			
Check this box if no longer subject to Section 16. Form 4 or				0 /	BENEFI		LOW	NERSHIP OF	Expires: Estimated a burden hou response	rs per	
Form 5 obligation may cont <i>See</i> Instru 1(b).	ns Section 17(a) of the I	Public Ut		ing Con	ipany	y Act o	ge Act of 1934, f 1935 or Sectio 40	on		
(Print or Type F	Responses)										
METZ JOHN C Symbol			Symbol	er Name and Ticker or Trading				5. Relationship of Reporting Person(s) to Issuer			
				Date of Earliest Transaction				(Check all applicable)			
(Month/I				Day/Year)				X_ Director 10% Owner Officer (give title Other (specify below)			
			ndment, Date Original th/Day/Year)				 6. Individual or Joint/Group Filing(Check Applicable Line) _X_ Form filed by One Reporting Person Form filed by More than One Reporting 				
DALLAS, P	PA 18612							Person	More than One Re	eporting	
(City)	(State) (Zip)	Table	e I - Non-D	erivative	Secur	ities Ac	quired, Disposed o	f, or Beneficial	lly Owned	
1.Title of Security (Instr. 3)	ecurity (Month/Day/Year) Execution Date, if		3. 4. Securities Acquired Transaction(A) or Disposed of Code (D) (Instr. 8) (Instr. 3, 4 and 5) (A) or				5. Amount of Securities Beneficially Owned Following Reported Transaction(s) (Instr. 3 and 4)	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)			
common stock	08/29/2008			Code V P	Amount 300	(D) A	Price \$ 6.82	70,799	D		
common stock								15,055	I	By IRA	
common stock								1,447	Ι	By spouse's IRA	

Reminder: Report on a separate line for each class of securities beneficially owned directly or indirectly.

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number.

Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned (e.g., puts, calls, warrants, options, convertible securities)

1. Title of Derivative Security (Instr. 3)	2. Conversion or Exercise Price of Derivative Security	3. Transaction Date (Month/Day/Year)	3A. Deemed Execution Date, if any (Month/Day/Year)	4. Transactic Code (Instr. 8)	5. orNumber of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)			Amou Under Secur	rlying	8. Price of Derivative Security (Instr. 5)	9. Nu Deriv Secu Bene Owne Follo Repo Trans (Instr
				Code V	(A) (D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares		

Reporting Owners

Reporting Owner Name / Address	Relationships						
	Director	10% Owner	Officer	Other			
METZ JOHN C TWO WOODLAND DRIVE DALLAS, PA 18612	Х						
Signatures							
William H. Caughran, attorney-in-fact		09/03/200	8				
<u>**</u> Signature of Reporting Person		Date					

Explanation of Responses:

* If the form is filed by more than one reporting person, *see* Instruction 4(b)(v).

** Intentional misstatements or omissions of facts constitute Federal Criminal Violations. See 18 U.S.C. 1001 and 15 U.S.C. 78ff(a).

Note: File three copies of this Form, one of which must be manually signed. If space is insufficient, *see* Instruction 6 for procedure. Potential persons who are to respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB number.